

SUN	MON	TUE	WED	THU	FRI	SAT	
ROLLA KIDS (6-11 yrs) 12-week program 10 - 11 AM	  <b>2183 West 45th Ave Vancouver (Kerrisdale)</b>					Rolla Workout 10 - 11 AM	
ROLLA TEENS (12-17 yrs) 12-week program 11 AM - 12 PM				<p align="center"><b>SPRING 2020 weekly schedule</b></p> <p align="center"><b>Full schedule:</b> www.rollaskateclub.com/classes</p> <p align="center"><b>Book your first class:</b> hello@rollaskateclub.com</p> <p align="center">Pre-registration required Rollerskate Rentals Included</p>			INTRO to Rollerskating 11:15 - 12:15 PM
ROLLA (All Levels) 12:30 - 1:30 PM			ROLLA (All Levels) 1 - 2 PM				ROLLA (All Levels) 12:30 - 1:30 PM
Rolla DANCE (Int/Adv) 1:30 - 2:30 PM			SKILLS CLUB (All Ages) (Members /No Instruction) 2 - 4 PM				Rollerskating 101 1:30 - 3:00PM [6-week course]
SKILLS CLUB (Members) 2:30 - 3:30 PM				ROLLA KIDS (6-11 yrs) 12-week program 4 - 5 PM			
<b>ROLLERSKATE PARTIES</b>  Kids & Adults  <b>For tickets &amp; info:</b> <a href="http://rollaskateclub.com/events">rollaskateclub.com/events</a>			ROLLA KIDS + TEENS (6-17 yrs) 12-week program 5 - 6 PM	ROLLA (All Levels) 5 - 6 PM		<b>ROLLERSKATE PARTIES</b>  Kids & Adults  <b>For tickets &amp; info:</b> <a href="http://rollaskateclub.com/events">rollaskateclub.com/events</a>	
	ROLLA (All Levels) 6:15 - 7:15 PM	**CLASSES VARY** 6:00 - 7:30 PM [check full sched]	ROLLA (All Levels) 6:15 - 7:15 PM	ROLLA Basics 6:15 - 7:15 PM	<b>SPECIAL EVENTS! PRIVATE PARTIES!</b>  <b>Contact us to Book</b>		
	ROLLA WORKOUT 7:15 - 8:15 PM	RollerDerby Boot Camp 7:30 - 9:00 PM [12-week course]	ROLLA WORKOUT 7:15 - 8:15	ROLLA Dance (Int.) 7:15 - 8:15 PM			
			ROLLA DERBY TEAM PRACTICE 8:15 - 9:15 PM	SKILLS CLUB (Members) (No Instruction) 8:15 - 9:45 PM			

## **INTRO TO ROLLERSKATING** *Start Rolling With Confidence*

We cover all the basics in a small group setting so you can get rolling (and stopping!) safely. Class fee includes rollerskate and protective gear rental, or you're welcome to bring your own.



## **ROLLA (ALL LEVELS)** *Build Your Skills*

Come get your Rolla on! This fun and friendly class will teach you rollerskating skills, tricks, and even some dance moves. This all-levels class is constantly changing, so there's always a new challenge! Good vibes, guaranteed.

## **ROLLA WORKOUT** *Get fit and have some f\*cking fun!*

Our signature on-skates fitness class is inspired by the kick-ass sport of women's roller derby but is tailored for all rollerskating skill levels. You'll leave this class feeling strong, powerful, and ready to Roll Deep.

*\*Must be able to rollerskate forwards, turn around, and stop confidently*



## **ROLLA BASICS** *Strengthen The Foundation*

Not feeling ready for Rolla (all levels)? Want to get back to fundamentals? Come work on your basics! This class is open to everyone 16+ years who has \*already\* taken an Intro to Rollerskating Class. We work on basic skating skills at a relaxed pace.

## **SKILLS CLUB (MEMBERS)** *Practice with Pals*

Come workshop something you learned in class, catch up with your skate mates, or just groove to the music! There is no formal instruction at these sessions, but always some friendly faces to offer some help if you need it!



## **ROLLERSKATING 101** *Six week Progressive workshop*

Go from zero to rollerskating hero! All in a safe and supportive adult environment. For cruising, roller dance or roller derby - this class will give you all the fundamentals you need to get you started on your eight wheeled journey! No experience necessary.

*Next Sessions Start May 5 + May 23 - pre-registration essential.*

*Most classes are open to anyone age 16+, except Roller Derby sessions (19+) Rolla Workout and Rolla Derby are for women and non-binary skaters [check out [www.rollaskateclub.com](http://www.rollaskateclub.com) for kids and teens programs!]*